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metroVIEWS

Your essential daily news | MONDAY, MAY 9, 2016

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Mark Stephenson, with the Fort McMurray Fire Department, stands amid rubble on Sunday. COURTESY CAPT. MATT COLLINS

FORT MCMURRAY WILDFIRE

'THEY'RE GOING TO REBUILD'

metroNEWS

- **Evacuees
cling to hope**
- **Firemen's wives
band together**
- **Notley prepares
for tough visit**

OUR THOUGHTS AND PRAYERS GO OUT TO THE FAMILIES AFFECTED BY THE FORT MCMURRAY FIRES



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\$15,785



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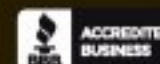
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City will rebound: Residents

REBUILDING

But economists say boomtown revival hopes are misplaced



Tim Querengesser
Metro | Edmonton

Newfoundlander Debra Smith has little choice but to continue believing in the boomtown nature of Fort McMurray, though others warn her optimism could be misplaced.

"I've heard some people say they're not going to go back," Smith said, after leaving the city for Edmonton recently. "I think it's the minority. Because everybody is coming back and they're going to rebuild."

People from Canada's economically depressed regions, the Maritimes in particular, have for more than a decade turned to Fort McMurray as a city where good-paying jobs are there for those willing to move.

But as the city reels from a wildfire that has displaced 90,000 and cut oil production by an estimated one million barrels per day — economic pain amplified by the price of oil falling by more than half over the past year, with 100,000 people losing their jobs in Alberta alone — two very different views of Fort McMurray's economic future are emerging.

For Smith, from small-town Newfoundland where job prospects are scarce, Fort McMurray simply has to rebound.



A giant fireball erupts as a wildfire rips through the forest 16 kilometres south of Fort McMurray on Highway 63 on Saturday.

JONATHAN HAYWARD/THE CANADIAN PRESS

"It'll have to be a boomtown again because you need all those people to come back to help rebuild everything — put everything back the way it was or even better than it was," she said.

"Give it a year or two and it'll be back bigger than ever ... because, people are not giving

up. This is where our home is. It's not going to die, it's not going to go away, it can't. We're just waiting for the word to go back."

But some economists warn what may look like a boom as the city rebuilds may not heal the fire's deeper economic blow. Jennifer Winter, director

of energy and environmental policy at the University of Calgary's School of Public Policy, said on balance, the fire has damaged an already struggling city.

"The issue is that — technically yes [there will be a boom] — but it would be much better for Alberta's provincial economy if the fire hadn't happened at all," Winter said. "And so, yes, there will be a bump in activity as there's rebuilding, but it's not going to compensate for the lost economic activity

as a result of the fire."

Smith said government money that was set to be used for other goals will now be focused solely on rebuilding McMurray — leading to a short-term bump but a longer-term hole in other services.

"The only real long term economic impact would be increased taxes with the government response to the fires, increase insurance premiums because of the large payouts and maybe a little bit of a change in Fort McMurray itself," she said.

ASSESSMENT

Notley to survey damage

Wildfires that levelled neighbourhoods in Fort McMurray slowed their rampage through tinder dry forest in northern Alberta on Sunday, allowing firefighters in the oilpatch city to focus on hotspots as plans were made for Premier Rachel Notley to survey the damage first-hand.

Notley said the fight against the fire has stabilized to the point where she can visit and begin the next phase of the government's operation to determine what must be done to eventually allow people to return to the city.

Speaking at a media briefing, Notley had to pause to compose herself when she spoke about Mother's Day and two evacuees who were killed in a traffic accident last week.

"Our hearts go out to their families. This is Mother's Day. I am hoping, in all of this crisis, to spend a few minutes today with my own children," Notley said, pausing as her voice cracked.

"That not all of us can do that is definitely an awful tragedy. So today, Mother's Day, all of us in Alberta are thinking of you who have suffered these losses."

Emily Ryan, 15, and her stepmother's nephew, Aaron Hodgson, died in the accident a day after the fire drove 80,000 people from the city.

Notley was scheduled to visit Fort McMurray on Monday.

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Mother's Day not forgotten

EVACUEES

Volunteers bring flowers for moms at the 'village'



Ryan Tumilty
Metro | Edmonton

At the Northlands Expo Centre Sunday it seemed as though every second woman was carrying a fresh-cut flower.

At the convention facility, which has been swiftly turned into a village for Fort McMurray evacuees, no one wanted to forget Mother's Day. And so volunteers brought the cut flowers to any mom who wanted them.

Thousands of people have come to the centre looking for some level of help over the course of the last week, with close to 2,000 people sleeping in the facility's giant halls at the peak, but that number is down to 600.

Vincent Couse and his stepdaughter Angelina Drake are staying with friends, but like many evacuees, came to the centre for help with prescriptions and to register for aid.

He said the support from everyone in Edmonton and



Vincent Couse and Angelina Drake outside the Northlands Expo Centre on Sunday. RYAN TUMILTY/METRO

across Alberta has been overwhelming.

"It makes you re-evaluate mankind and see that there are really great people," he said.

Drake said all of the small items, strangers buying coffee or meals for evacuees and items like that really make people feel supported.

"It is the little things that people are doing that really hit you," she said.

Couse was let off work early Tuesday when it became clear that the fire was getting dangerously close to the community. He raced from his job on his motorcycle.

"I have never gone that fast

in my life," he said.

Even with his quick return, he said they had little time to gather up a few items and drive quickly out of town.

"When we left we could see the fire right behind us in the rearview mirror."

Both Couse and Drake believe their homes are safe, but are eager to get back to the community to be sure.

Mayor Don Iveson said the city will operate the centre for as long as is needed, but he is glad people are finding more permanent housing.

"We are seeing people who have found apartments in the rental market or spots in a hotel."

WHAT THEY SAY

Amanuel Yirdaw

Amanuel Yirdaw has been living at the Northlands Expo Centre for the last two days after making a quick retreat from the Fort McMurray wildfire.

"People are doing a really excellent job, there is really great food. I appreciate the effort they are doing here," he said.

Despite the warm welcome Yirdaw said he wants to go back to his hometown as soon as possible. "I can't wait to get back home. I will be the first one."



Max Obeidat

Max Obeidat was in class at Keyano College when all of a sudden they were told to leave. He said at the time people didn't understand what they were facing. "No one knew because the teachers were saying 'see you tomorrow' and there was no tomorrow," he said.

After making a run for his townhouse on campus he packed a few things and quickly had to leave. Obeidat is currently staying with friends.



EMERGENCY RESPONSE

Norquest grads ready to fight fire



Kevin Maimann
Metro | Edmonton

A crew of new firefighters is going straight from an Edmonton classroom to the Fort McMurray wildfire.

Sixteen students who graduated Norquest College's Fire and Safety Training program Friday are on standby to battle the blaze that has claimed at least

1,600 structures and caused mass evacuations.

"I'm anxious to get out there," said graduate Lorin Anderson.

Anderson grew up in Wabasca-Desmarais, part of the Bigstone Cree Nation, and had his house go up in flames when he was a teen after a volunteer fire crew responded to the blaze. Since then, he's wanted to fight fires.

Lorin Anderson received fire-tack training, which will allow

him to do dangerous frontline work near oil company sites.

The area that is burning is close to Anderson's heart as someone who worked in the oil patch and still has family in Saddle Lake and Fort McKay.

"I was in contact with my family in McKay and I was constantly texting them, making sure they're OK. My auntie had taken in 30 people in her house last night, it was packed," he said.

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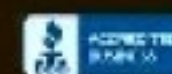
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EDMONTON HEROES Ordinary people doing extraordinary things

Edmonton serves up kindness

COMPASSION

Fort McMurray neighbours get warm welcome in our city



Alex Boyd
Metro | Edmonton

When planning a last minute outdoor breakfast for 5,000, all you need is 700 litres of pancake batter, 200 litres of syrup and 1,000 kilograms of sausage.

That, and an almost unlimited number of eager volunteers willing to show up at 5 a.m. to flip pancakes.

At the pancake breakfast benefit for Fort McMurray coordinated by the Edmonton Economic Development Corporation in Churchill Square Friday the food was donated, the labour volunteered and the customers non-stop.

"We had thousands of plates but we ran out twice, we actually raided Shoppers and bought every plate we could find," said Adam Sweet, one of the organizers who put the event together in about 24 hours.

"We put up a volunteer page and had to take it down within an hour because we had too many people."

The benefit, which raised \$75,000 for the Red Cross, is one of the many ways Edmontonians have come together in recent days to accommodate the influx of people fleeing flames in Fort McMurray.

People anxious to assist have hosted bottle drives, donated weddings, provided workspace, paid for meals, driven people from the airport, and taken in lost pets.



Two of the volunteers who showed up early Friday to help with the pancake breakfast as a benefit for Fort McMurray residents. ALEX BOYD/METRO

The Evacuee Open Source Help Page — the largest of dozens such Facebook groups — has over 35,000 members wanting to know what they can do.

Hundreds of people have also flung open their doors offering a place to stay, like Courtney Buhler, a local business owner who offered up her spare bedroom and basement in Windermere within hours of the first evacuation notice.

"I just couldn't imagine being in that situation, having two minutes to flee," she said.

With no end date in sight,

"We put up a volunteer page and had to take it down within an hour because we had too many people. Adam Sweet

concerns have broadened beyond a place to stay into entertainment — from Galaxyland to Fort Edmonton, many of Edmonton's attractions have hosted free days.

Across the street from the pancake breakfast, the Winspear Centre opened their gallery to accommodate up to 600 displaced Fort McMurray

residents for their latest kids show, a move Alison Kenny-Gardhouse, director of musical creativity, said just made sense.

"We had one family, I believe they're staying at a hotel nearby, and they're saying its Day 3, and we've cleaned up, so I think now is the time that they're able to take in some of the events," she said.

Nominate your hero

Edmonton Heroes celebrates individuals who are building the city by bringing the right people together to make something bigger than

they could on their own. Do you know someone who should be recognized? Get in touch with us via edmontonletters@metronews.ca.

Sweet, back at the pancake breakfast said he wasn't surprised by the outpouring of generosity.

"It was more of an oppor-

tunity to welcome the evacuees to our city and to say, 'Edmonton's got your back and we want to help out anyway we can.'"

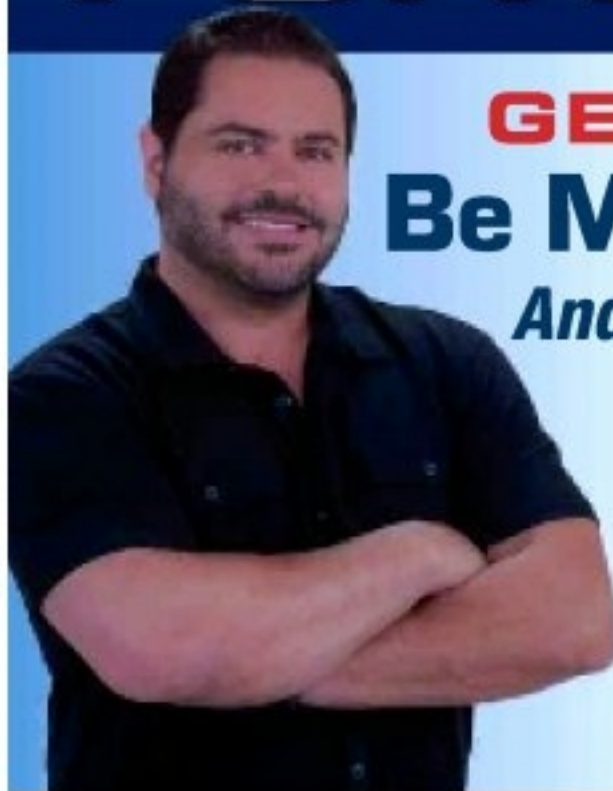


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Read more about Cydney's story at MacEwan.ca/Cydney.

Twitter confirms house destroyed



Jeremy Simes
For Metro | Calgary

One tweet managed to stifle a rumour that Meranda Bos hoped wasn't true.

Bos is among the few in Fort McMurray who actually know that their homes have been destroyed, as residents haven't been able to enter the city.

"I had heard rumours that our house was gone," she recalled. "But you always try and go. 'Okay, we don't for sure.'"

That all changed when she received a text from her neighbour while on her way to Edmonton.

Within the message was a link to a tweet that showcased the rubble that was left in the neighbourhood of Wood Buffalo.

"After I saw that, I said to my husband, 'Adam, our house is gone,'" Bos said.

According to the latest damage assessment by local officials, 1,600 structures in town have been lost, where 80 per cent of homes in the community of Beacon Hill were destroyed.



The Bos family lost their home to the wildfires in Fort McMurray. CONTRIBUTED

ANIMAL WELFARE

Pets begin to reunite with owners

Furry friends who've been displaced by the ravaging fires in Fort McMurray have received a little love from Calgary SPCAs.

The animal rescue effort in Fort McMurray has begun to take form, after more than 230 pets were rescued from homes on Wednesday and Thursday. Plus, local officials with the

Rural Municipality of Wood Buffalo continue to find makeshift shelters for the displaced critters.

Many canines and cats have also arrived in Calgary over the weekend, after they took a flight to stay at a shelter with the Alberta Animal Rescue Crew Society (AARCS).

Lyndsay Black, resource development and communications co-ordinator with AARCS, said the animals are a bit stressed.

"I wish they could talk," she said. "They've been through so much ever since the fire broke out." JEREMY SIMES/METRO, WITH FILES FROM THE CANADIAN PRESS

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TD and TD Insurance customers who have been affected by the wildfires can get more information at www.td.com/fortmcmurray and www.tdinsurance.com/fortmcmurray

TD has already made a donation of \$100,000 to the Canadian Red Cross, you too can help by donating at any local TD branch or online and TD will match up to an additional \$100,000. All donations to the Canadian Red Cross will also be matched by the Province of Alberta and the Government of Canada.

Contact the Fort McMurray TD Helps program at 1-844-352-1423 or a TD Insurance Claims Advisor at 1-866-454-8910.



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Evacuees, hold masks over their faces during the drive out of Fort McMurray on Friday.

KEVIN TUONG/FOR METRO

Exodus over, but not uncertainty

AFTERMATH

Evacuees settle into temporary digs, but don't know future



Tim Querengesser
Metro | Edmonton



Ryan Tumilty
Metro | Edmonton

More than 88,000 people have now shifted from adrenalin to uncertainty after being safely evacuated from Fort McMurray to shelters throughout Alberta, but they're all now waiting to see what happens next.

Starting Friday and finishing Sunday, the remaining 25,000 people who fled to oilsands work camps north of Fort McMurray last Tuesday were finally ushered through the city and the still-burning highway out of town by police.

An estimated 42,000 house-

holds have registered with the Red Cross as of Sunday afternoon.

Officials didn't have exact details on where people had gone, but Premier Rachel Notley said she estimated most of the evacuees had come to Edmonton.

"I think it is safe to say that the majority are in the Edmonton area," she said.

As they headed south to Edmonton over the weekend, many told stories of grace and empathy.

"The workers at the camps kept saying (to evacuees), 'Do you have a place to sleep? If you don't, take my room, I'll sleep in my truck,'" said Debra Smith, who stayed at a camp with six other family members, at a rest stop in Wandering River, 200 kilometres south of Fort McMurray.

The wildfire, given the epi-

thet "The Beast" by firefighters, continually harried the final evacuation push over the weekend, forcing RCMP to delay several times as it burned along Highway 63 and sent deep, black smoke into the air, cutting visibility.

"There were brush fires on either side of the road — you couldn't see anything driving through it," said Marc Yarwood, who drove through Fort McMurray and on toward Edmonton Friday.

"You could still feel the heat driving through town." Yarwood's partner, Kelie Slaney, said they plan to go to Edmonton then B.C. to stay with family as they wait.

"We keep hearing two weeks to a month or more (before Fort McMurray will reopen to residents), so we have no idea," Slaney said. "We'll just keep waiting it out, day by day."



We keep hearing two weeks to a month or more. We'll just keep waiting it out, day by day.

Kelie Slaney

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TRAGEDY

Calgary fire claims five lives



Aaron Chatha
Metro | Calgary

George McGregor was in Toronto when he got the call that his northeast Calgary home was on fire.

At 1:30 a.m. on Saturday, in the 100 block of Falchurch Crescent NE, flames burst from the home next to his, and soon spread to his home where his family was inside.

He caught the first plane back to Calgary.

"I knew they were all OK, they had gotten out, but I

didn't know how they were mentally — how they were doing," he said.

The people inside the home where the fire started weren't so lucky.

Officials said five people died in the home, the cause of which was still being investigated.

McGregor said he didn't know they people in the house very well. They had moved in three or four years ago, but mostly kept to themselves. The homeowner's wife had moved out, but sometimes he still saw her and the kids drop by, he said.

Officials believe all the de-

"I didn't know how (my family) was mentally."

George McGregor

ceased inside the home were men.

Neighbours said the house was frequented by authorities.

Looking at his own home, McGregor said the roof would likely have to be replaced. The walls were badly damaged, along with the windows and shed.



George McGregor said extensive damage was done to his home, after the house next door went up in flames. AARON CHATHA / METRO



The fire spread blocks from its initial start in this wooded area near a playground.

RYAN TUMILTY - METRO

High winds fuel west-end blaze

RISK

Deputy chief asks residents to respect the fire ban



Ryan Tumilty
Metro | Edmonton

High winds and tinder dry conditions took a brush fire in west Edmonton into three homes Sunday afternoon doing considerable damage to all three.

Firefighters were called to the Wolf Willow neighbourhood at about 3:30 p.m. when a fire, which began in a wooded area, next to the Wolf Willow playground and spread to the homes.

The three homes were

blocks from the initial blaze, but deputy chief Scott Macdonald said it was possible for fires to jump that far in these conditions.

"With this wind and the blowing embers it could jump quite a ways," he said.

The fire became a three-alarm blaze very quickly.

Macdonald said several of the homes that were damaged also had cedar roofs, which contributed to the damage.

Edmonton has been under a fire ban since late last week and Macdonald said fires like this, along with several others in the river valley showed how important it was for people to respect the restriction.

"It's very important that everybody works together and respects the fire ban," he said. "This is the reason that it is on."

He said despite the presence of the ban, there has been more than 50 complaints about people with backyard fire pits in just the last 24 hours.

In addition to a ban on fire pits and other outside fires, Macdonald said people need to be very careful when they discard cigarettes.

"If you do smoke, extinguish those materials in a proper way," he said.

Investigators from Edmonton Fire and Edmonton Police were on scene Sunday.

"With this wind and the blowing embers it could jump quite a ways." Deputy Chief Scott Macdonald

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HEALTH SERVICES

Antibiotic-resistant bacteria found in Edmonton hospital



Kevin Maimann
Metro | Edmonton

Health officials say Edmonton hospital patients have been exposed to an antibiotic-resistant bacteria.

Alberta Health Services (AHS) is notifying 50 patients who may have been exposed to carbapenemase-producing organisms (CPO) at the University of Alberta hospital, after

the germs were confirmed in two patients.

Officials say the germs live in the gut and can cause infections in some people, but do not threaten the health of most people who carry them and are not a risk to the general public.

"We are releasing this information proactively to share details about the bacteria as well as reassure the public that this bacteria has a low clinical risk to those who may

have been exposed," Dr. Mark Joffe, AHS senior medical director of infection, prevention and control, said in a press release.

Officials say the first patient found carrying CPO in December 2015 was isolated and screened on admission and remained isolated throughout their stay at the U of A.

Anyone looking for more information can call Health Link at 811.

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CHILE 'RED TIDE' HITS SEVEN CITIES A dead sea lion lies on the shore, as a truck belonging to the Center for Studies and Conservation of Cultural Heritage NGO drives by at Mar Brava beach in Chiloe Island, Chile, on Sunday. A poisonous algae bloom known as red tide has affected seven major cities and dozens of fishing towns, including Chiloe. Experts say it's linked to high temperatures stemming from the El Nino weather pattern. ESTEBAN FELIX/THE ASSOCIATED PRESS

Drug boss in Mexico's worst jail

EL CHAPO

Prison located in territory controlled by Sinaloa cartel

The northern Mexico prison where authorities suddenly transferred convicted drug lord Joaquin "El Chapo" Guzman is rated as the worst in the federal penitentiary system for inmate conditions and other factors, according to the government's own reporting.

The Cefereso No. 9 facility on the outskirts of Ciudad Juarez, which borders El Paso, Texas, did score well on "conditions of governability," perhaps an indication that authorities believe they can limit the risk of Guzman pulling off a third brazen jailbreak.

But Michael Vigil, the former head of international operations for the U.S. Drug Enforcement Administration, questioned the

logic of sending Guzman to a less-secure prison that's in territory firmly controlled by El Chapo's Sinaloa cartel after it emerged victorious from a war with the Juarez cartel.

"It just doesn't make any sense," Vigil said Sunday. "He has that part of his empire, he has the infrastructure there and he has people who would assist him in terms of engineering him another escape."

A 2015 report by the governmental National Human Rights Commission gave the Juarez prison an overall 6.63 rating on a scale of 0 to 10, the lowest for any of Mexico's 21 federal prisons. By comparison, the maximum-security Altiplano facility near Mexico City where Guzman was confined before was 10th best with a rating of 7.32.

Cefereso No. 9 is located just off the Pan-American highway about 23 kilometres south of downtown Juarez, in the middle of the barren, scorching Chihuahuan Desert.

THE ASSOCIATED PRESS

GREECE

Violence erupts ahead of austerity bill vote

Greek anarchists hurled firebombs, chairs and wooden planks at riot police in brief clashes outside parliament while lawmakers were debating a controversial austerity bill, disrupting a much larger peaceful rally on Sunday.

Police responded with stun grenades and bursts of tear gas to disperse the anarchists, who were split into two groups — one of them mixed among a peaceful protest of about 10,000 people holding banners and the other inside Syntagma Square in front of parliament.

The bill, introduced as part of requirements debt-ridden Greece must meet under its third international bailout, is set to dramatically increase social security and pension contributions and raise taxes for most people. Greek workers say the increases will decimate their incomes.

There were also clashes in Thessaloniki, when anarchists broke away from a protest march to hurl firebombs at police guarding the local offices of the ruling Syriza party.

THE ASSOCIATED PRESS



A gasoline bomb explodes in front of police in Athens on Sunday. THE ASSOCIATED PRESS



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SCIENCE

Stargazers ready to see Mercury

Earthlings will witness Mercury make a rare passage between our planet and the Sun Monday, appearing as a black dot tracking the surface of the star we share with the solar system's smallest planet.

Mercury completes an orbit every 88 days, and passes between the Earth and the Sun every 116 days, according to the Royal Astronomical Society (RAS).

But its orbit is tilted in relation to Earth's, which means it usually appears — from our perspective — to pass above or below the Sun.

Thirteen times each century the two orbits align such that even amateur astronomers can see the tiny planet tens of millions of kilometres away.

"It is always exciting to see rare astronomical phenomena such as this transit of Mercury," RAS president Martin Barstow said in a statement.

But be warned: looking directly at the phenomenon can result in permanent eye damage.

One option is to use a telescope or binoculars to project the image onto a white surface.

Stargazers can also observe the event through a telescope with a strong filter. AFP

EGYPT

Archeologists clash over King Tut tomb

Archeologists clashed at a conference in Egypt on Sunday over a theory that secret burial chambers could be hidden behind the walls of King Tutankhamun's tomb.

Speaking at the conference, former antiquities minister and famed Egyptologist Zahi Hawass rejected the theory that undiscovered chambers lie behind the tomb and likely contain the tomb of Queen Nefertiti, one of pharaonic

Egypt's most famous figures. The theory has prompted new exploration and it has been extensively scanned by radar.

"In all my career ... I have never come across any discovery in Egypt due to radar scans," Hawass said, suggesting the technology would be bet-

ter used to examine existing tombs that are known to contain sealed-off chambers.

British Egyptologist Nicolas Reeves meanwhile defended the theory he put forward last year. Preliminary results of successive scans suggest the tomb contains two open spaces, with

signs of metal and organic matter lying behind its western and northern walls.

The conference aims to bring broader scientific rigour to what so far have only been tantalizing clues in recent explorations of the tomb.

Antiquities Minister Khaled el-Anani said that scans of the tomb would continue, but that no physical exploration would be allowed.

THE ASSOCIATED PRESS



I have never come across any discovery in Egypt due to radar scans. Zahi Hawass



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

Could you provide some kind of guide to public ogling?

Dear Ellen,
I'm wondering if you can provide some kind of guide to ogling (is that even how you spell it?).
L.

Dear L.,
You'll see that I moved the list of questions in your letter down into my answer (below) so I could easily address them one by one. But before we begin, the fact you can barely spell "ogling" makes me wonder if you are defining it correctly.

"Ogling" (which, btw, is pronounced OH-gling, not AWG-gling) connotes leering or blatantly checking out someone's body. This I do not condone. Unless you are a sex worker or Miley Cyrus, you don't want to go out in public and have some gross, horny stranger staring at you with their tongue hanging out, blatantly undressing you with their eyes, or making any other gesture pertaining to a desire to see you naked.

However, dear L., if what you really mean is "looking" — well, that's another matter. It's normal to look. Whether we want to or not, whether we're even conscious of it or not, our animal brains contain an ancient, uncontrollable limbic system that is constantly ordering our eyeballs to check out potential mates.

The trick for any civilized person is to know how and

Our animal brains contain an ancient, uncontrollable system constantly ordering our eyeballs to check out potential mates.

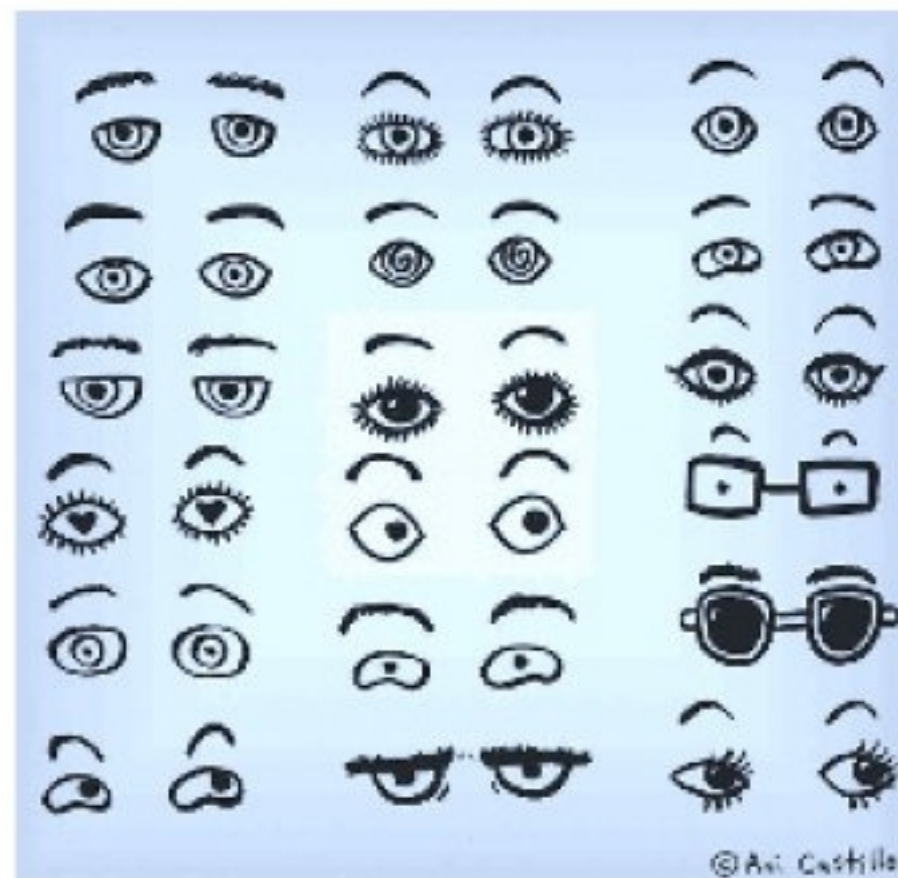
when to look, which brings us to your excellent questions.

Is it best to just avoid all eye contact with strangers?

It depends. Sometimes firm eye contact along with a smile is required, as when stepping around an elderly person on a sidewalk, or accepting change from a cashier. Other times, eye contact

being noticed on the street by appreciative, respectful strangers who know how to nano-look, perhaps even offer a courtly nod, and then keep walking — women of a certain age adore visiting Paris for this very reason. Like I said, finesse is required.

Should I avoid eye contact with strangers who are way better looking than me?



should be avoided at all costs, like when the person on the sidewalk is holding a clipboard and wants to ask about your personal beliefs. Or the sidewalk is a dark alley and the stranger is shouting lewd comments at you.

Then there's the limbic-brain situation, which requires more finesse. If you notice an attractive-to-you stranger, it's perfectly acceptable to flick a nano-second of pupil dilation at them. Believe me, if they find you attractive, they won't miss it. And even if they don't find you attractive, many civilized human beings don't mind

Absolutely not! First of all, "way better looking" is in the eye of the beholder. Secondly, it's not just looks that make a person attractive. Grooming, style, self-confidence, a lust for life — these are all attributes that make anyone worth a look.

What about making eye contact in the reflection of a bus or subway window?

The same rules apply. Don't ogle, and desist if the attention is registered but not reciprocated. Furthermore, if any of you readers start a romantic relationship in this unbearably romantic way, I must insist you contact

me so I can share your story with the entire Metro audience.

Where is the line between friendly smile and over-friendly smile?

Please see paragraphs above referring to "tongue hanging out" and "finesse."

What about staring at a beautiful human who is driving and ignoring you and perhaps even endangering your life while you are riding alongside them on your bike?

No amount of looking is worth dying for. Pull over, and pull yourself together.

Is it wrong to look at beautiful people when you are happily married with kids and should be texting about the parent-teacher interview and investing in RRSPs instead?

As long as you aren't criminally neglecting your children or miscalculating your contributions, and you really are just looking, this is probably when you should be looking the most.

Has the internet affected what's reasonable in this domain?

I'd have to see your search history in order to answer this question properly. And truth be told, I'm not sure I'm being paid enough to undertake that kind of research.

Is Canadian winter a consideration here?

A good Canadian, new or old, will develop looking powers that see, and appreciate, beyond Cougars boots, Garbage mitts and Canada Gooses. But now that spring is breaking, and the streets are full of moulting Canucks, I'd say we're all happy to see more of everybody.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Handwriting: A way to be near a loved one who is far away

Not everyone will have spent yesterday with their mother.

Some mothers have died, some are estranged, and some mothers (mine) live far away.

But there are ways to be near a person who is not here — among them, their handwriting.

Handwriting is a physical mark that a person exists, or existed. They were here, moments or hours or weeks ago, leaning over this paper, with a pen that has lent this ink — giving a little something of themselves away.

In what they said, but more magical to those who love them, in how they wrote it.

Mum's hand is looping and full and warm, spreading over the page, soft and round like dough rising.

Dad's is compact and slanted, more elegant, exact, and careful (he is a man who has always measured twice).

My fiancé, a non-traditional type, writes in a hand unburdened by structure, rough and staccato, more utilitarian, less self-conscious.

I can also see both my brothers' scripts, and my sister's. All handwriting is as recognizable as a voice or a gait, but it has something extra, and special — a physical tie to the person. It was made by them, and it goes on to exist, and it can be folded up and kept in a wallet. Even after the

bent edges tear, you can still pull it out and piece it together and hold both the thoughts and marking of a person.

In 2014, researchers found that students who took handwritten notes in a lecture remembered the material better. The idea was that you have to synthesize information as you record it, since few can write long-hand as fast as a person speaks.

I've also wondered if the personalization of the information into your own script, and the physically committing it to a page, doesn't also help.

There also seems to me to be some tie between these findings and the difference between physical words on paper, and digital ones on screen. In my own life, the former make a more lasting impact. They seem more real.

Which is perhaps why I cannot throw out the card and letters sent by my mother (or father, who posts them less frequently), or the random notes left by my fiancé. They're collected in random piles, in baskets and drawers around the apartment, or stuck to the fridge.

They might be deemed clutter, but they are more truly vessels for spirits. And you can call upon them like an incantation, open them and poof: Your love is here.

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Bautista moves to bowl flips

INTERVIEW

Jays right fielder lends image to cereal boxes

Don't ask Jose Bautista to choose between his favourite cereals.

"Bad first question," he says, when asked if he prefers Golden Grahams or Cinnamon Toast Crunch, the two cereals that will carry his image on boxes for months to come. Fair enough.

The collaboration between the Blue Jays right fielder and General Mills Canada — sparked by Bautista's Instagram posts showing him cradling the boxes — will see the two cereals with his image on shelves across Canada starting this week.

The announcement comes after a years-long cereal industry slump and reports that millennials are turning away from the traditional breakfast food because it requires too much work to eat. We sat down with Bautista, 35, a father of three and noted health nut who nonetheless indulges in sugary cereal after games and on the road, at the Rogers Centre for a brief interview to chat nutrition, fitness, and — yes, cereal.

As you've gotten older, how has your nutrition changed? Are there certain things you don't eat any more?

At different times of the year I have different diets and they all have a purpose. At times I take things in and out of the diet for specific purposes, but there's nothing that I ever say, "I'm never eating this again." I like to keep a good rotation. It all depends on if I'm training, if I'm in season, if I'm in a rest and recovery phase right after the season. I think it just adjusts a lot.



Jose Bautista, a cereal aficionado himself, has partnered with Golden Grahams and Cinnamon Toast Crunch, two cereals that will carry his image on their boxes for the coming months. BERNARD WEIL/TORSTAR NEWS SERVICE

How have your workouts evolved as you've aged?

I think you get to understand your body. You get to know what works for you, what helps you be better, what makes you sore, what makes you tight, what gives you pain. You just become more efficient. You

manage your body better. Nutrition and workouts are two big parts of it and then recovery and rest is the third big element.

Do you use any fitness apps?

I don't use any fitness apps. I try to keep a journal, keeping track

of what I've done. Normally my trainer and my cook keep a log of the food and the workouts. I do use my phone, on the Notes app.

Did you eat these cereals (Golden Grahams and Cinnamon Toast Crunch) growing up?

+ RAPID Q&A ROUND

Scooter or bicycle?

Scooter right now.

Hotdog or pizza?

That's a tough one but I have to go with pizza.

Cinnamon Toast or Golden Grahams?

That's not fair.

Growing up, a little bit of Golden Grahams. Cinnamon Toast Crunch wasn't that popular in the Dominican when I was growing up, but Golden Grahams was. We used to get a lot of knockoffs, so the general brand version of Golden Grahams. It was still a luxury item and I was from a middle class family. It's not like every time my mom went to the grocery store she got me one but when she could she would.

Why did you want to do the collaboration (with General Mills Canada)?

We always try to connect with our fans ... We wanted to show them what we were doing on the flights and at hotels. Normally when we're travelling, we try to get comfort food. Cereal is definitely comfort food for me. I posted (photos of cereal) a few times on social media. A couple of the employees (at General Mills Canada) noticed and we just started talking, and today we're here.

If 2015 was the year of the bat flip, what's 2016?

I don't know yet, we'll see. Yet to be determined. TORSTAR NEWS SERVICE

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Start saving now to enjoy retirement later

RETIREMENT

Know how much you need before you live hand to mouth

Gail Vaz-Oxlade
For Metro Canada



Every time I see an article proclaiming that I'm going to need a b'zillion bucks to retire I want to throw up in my mouth. I'm so sick of the arbitrary numbers tossed around by experts and their calculators.

With a target that feels impossible to attain is it any wonder that people give up and say, "Hey, I can save \$1,200 this year and that's not gonna do squat for me, so I'm heading to Puerto Plata!"

The next time you see one of those headlines, ask yourself this question: How can they know how much I'm going to need if they don't know how much I'm spending.

See, that's the thing. If you're spending gobs and gobs of money on all kinds of crap, you may very well need a b'zillion bucks.

But only you know how much money you're spending — and

how much money you'll probably need — to maintain your standard of living once you hang up your hammer.

That DOES NOT mean ignoring the whole saving for the future thing.

It does mean doing some work so you can see what you'll likely

need as a nest egg so that when the future becomes the present you have a little sumthin' sumthin' socked away to buy soup.

For those who have never seen the point in saving, do something for me: Close your eyes.

Now imagine you're 40 years older. (You have someone in your

life who is 40 years older, so imagine your life looks a little like their life looks.) Where are you living? What are you doing for fun? What are you eating? How are you paying for it?

If you're counting on government benefits, know that the average pay out for both the



You can't turn back time: By making excuses for not saving for retirement in your twenties, you'll have to put away **three times as much** in your forties. ISTOCK

Canada Pension Plan and Old Age Security combined is about \$12,000 a year. That's \$1,000 a month.

Can't imagine making do on \$1,000 a month? Then it's time to do a little saving, don'tcha think?

For those who know they should be saving and just need to figure out how much, calculate how much you're currently spending and then multiply that by 25.

So if your net (after tax) expenses come to \$32,000 a year, everything in, aiming to have about \$800,000 is a good place to start.

Know that the longer you wait to get started, the more you're going to have to take away from today's spending to make sure you have enough for tomorrow.

Start socking away six per cent of your income in your 20s and you'll be fine sticking with that all the way through to the end.

Wait until you're in your 30s to start saving, and with less time for compounding, you'll have to take 10 per cent out of your spending today so you can buy soup and a sammie at 66.

Make excuses for not saving until you're in your 40s and you'll have to save three times as much as you would have if you started in your twenties.

Ouch! Don't do that!

For more money advice, visit Gail's website at gailvazoxlade.com

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INTERVIEW

Navi Pillay reflects on half a century of human rights work

Born into poverty in South Africa to Tamil parents, Navi Pillay was the first South African to earn a doctorate in law from Harvard Law School. Her experiences growing up under apartheid led her to become a human rights activist. She served on the International Criminal Court before being appointed United Nations High Commissioner for Human Rights in 2008. She retired from that post in 2014. She was in Toronto last week to deliver the 2016 N. Sivalingam Memorial Lecture in Tamil Stud-

ies at Osgoode Hall Law School.

What was it like growing up as a minority within a minority under apartheid? How did that shape your future?

Growing up under apartheid as an Indian South African meant I experienced daily discrimination, deprivation and poverty, like all other persons of colour. Under the law, we grew up segregated, living in poor areas and denied access to parks, beaches, good schools and health care.

I studied law in a potato warehouse, separated from white students at the main university. Once I qualified as a lawyer, the mainly white law firms refused to employ me because they said they will not tolerate their white secretaries taking instruction from a black person. When President Mandela appointed me as the first black woman to serve as a judge on the High Court, as an acting judge, it was the first time I entered a judge's chamber. The positive outcome is

that, at school and university, we came to see apartheid as a repressive system of injustice and denial of fundamental rights, and became activists for our liberation. We were energized and motivated to speak and act. The experience taught me to understand the evils of racism, discrimination and hate speech and denial of civil and political rights and economic, social and cultural rights, and to care about justice and human rights for all people.

Critics often dismiss the United Nations and its agencies as being ineffective in solving global issues. What's your experience working for the UN?

The UN is an organization of states and is very much influenced by governments, and their national and regional interests. However, over the years, it grew from a club of sovereign states to adopting a framework of norms and standards of human behaviour. This is embodied in the

Universal Declaration of Human Rights and many treaties. And all states were expected to comply with these standards, and protect their population. Under international law, where a state fails or is unable to do so, the responsibility lies with the international community to help. Unfortunately, many conflicts rage around the world and civilian populations are subject to killings, forced displacement and denial of fundamental rights.

TORSTAR NEWS SERVICE



"The impossible has happened!": Mets TV guy Gary Cohen when nearly-43-year-old pitcher Bartolo Colon hit his first-career home run Saturday

Lightning strike way back into East final

NHL PLAYOFFS

Tampa Bay takes care of New York in five games

Victor Hedman and Ben Bishop lifted the Tampa Bay Lightning into the Eastern Conference final for the second straight year.

Hedman scored twice and Bishop stopped 28 shots Sunday, helping the defending conference champions beat the New York Islanders 4-0 and end their second-round playoff series in five games.

The Lightning advanced by winning four straight after dropping the series opener at home. They also eliminated Detroit in five games in the opening round, making them 2-0 in close-out situations this post-season.

"I think we learned last year we had a couple of series where we had chances to close (opponents) out at home and we kind of let them slip," Bishop said. "We really wanted to take pride in closing teams out this year."

Hedman scored an unassisted goal from the slot at 13:49 of the first period, then beat Islanders goaltender Thomas Greiss again on a second-period power play that gave Tampa Bay a three-goal lead.

"Brutal. It's hard to believe it's over," Islanders captain John Tavares said. "You put



Goalie Ben Bishop, Jonathan Marchessault and Victor Hedman celebrate clinching their series victory over the Islanders on Sunday. CHRIS O'MEARA/THE ASSOCIATED PRESS

a lot into this and we didn't accomplish what we set out to do."

Nikita Kucherov and Brian Boyle also scored for the Lightning, who will face either the Pittsburgh Penguins or Washington Capitals in the East final. The Penguins lead that series 3-2, with Game 6 Tuesday night in Pittsburgh.

"Back to back, it's pretty impressive what our guys have done," Tampa Bay coach Jon Cooper said. "Once you get there, you want to get back.

GAME 5 In Tampa, Fla.



I'm really impressed with our drive. We didn't play perfect playoff games every time, but we're getting contributions from everybody in the lineup. If you want to win, you need that."

The six-foot-seven Bishop earned his fifth career playoff

shutout, fourth in the deciding game of a series. He blanked Detroit 1-0 in Game 5 to end that first-round matchup and won two Game 7s without allowing a goal to help Tampa Bay reach the Stanley Cup final last year.

The loss ended New York's deepest playoff run since 1993.

Tavares led the Islanders to a thrilling six-game victory over the Florida Panthers in the opening round. He had a goal and assist in New York's only victory over Tampa Bay, but didn't have a point in the last four games.

"It will sting for a long time, but you have to get over it," said Greiss, who stopped 21 of 25 shots. THE ASSOCIATED PRESS

NBA PLAYOFFS

Valanciunas out for remainder of series

RAPTORS TORONTO LEADS 2-1

Jonas Valanciunas, who's been so big for Toronto in the post-season, was on his way to what might have been one of the biggest games of his career Saturday night when he crumpled to the floor in agony.

The Raptors are about to find out just how big he was.

Valanciunas has been ruled out for the remainder of the Eastern Conference semifinal against the Miami Heat with a sprained ankle.

"Big, big, big, big, big blow for us," Raptors general manager Masai Ujiri said Sunday. "Big blow for JV ... But you know what? This is the life in the NBA and we carry on."

Valanciunas was averaging 15 points, 12.1 rebounds and 1.4 blocks in 10 playoff games this season.

Through three games of the series, he averaged 18.3 points and 12.7 boards, and he already had 16 points and 12 boards

when he limped to the locker room in the third quarter Saturday — just a day after his 24th birthday.

"He's been playing so well," Toronto guard Kyle Lowry said. "He was hitting such a great peak right now. His confidence was sky-high. But for us as a team, it's next man up."

Bismack Biyombo should see significant minutes with Valanciunas out, and was the last Raptor off the practice court Sunday as he worked on his shooting.

"Biz gives us a shot-blocker, an elite shot-blocker, a guy who can run the floor extremely well, he can roll," Lowry said.

The Heat's Hassan Whiteside also left Saturday's game after he sprained his knee. He is listed as day-to-day.

THE CANADIAN PRESS



Jonas Valanciunas GETTY IMAGES

IN BRIEF

Dodgers pounce on Blue Jays relief pitchers

The Los Angeles Dodgers took advantage of a shaky bullpen performance by the Blue Jays on Sunday afternoon in a 4-2 comeback win over Toronto.

Blue Jays starter Marco Estrada gave up just one run on three hits over seven innings but relievers Drew Storen and closer Roberto Osuna couldn't hold the one-run lead in the eighth. Storen (0-2) put two runners in scoring position and the Dodgers brought them both home against Osuna.

THE CANADIAN PRESS

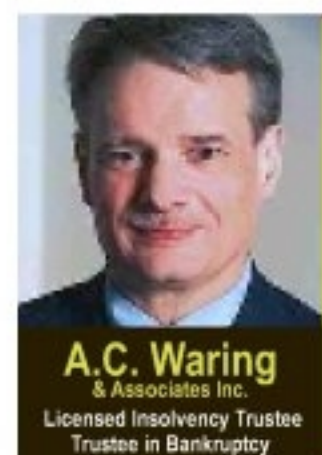
Cavs complete sweep

Kevin Love scored 27 points, LeBron James hit a huge shot with 39.2 seconds to go and the Cleveland Cavaliers finished off their second straight playoff sweep, beating the Atlanta Hawks 100-99 Sunday to advance to the Eastern Conference final.

The Cavaliers, who opened the playoffs with four straight wins over Detroit, made short work of the Hawks too in a series that mirrored last year's East final.

THE ASSOCIATED PRESS

"We battle for each other, and that's paying off right now. We've got to keep that going."
Victor Hedman



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FRIDAY'S ANSWERS

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3	4	1	7	5	6	2	8	9
7	6	9	3	2	8	4	1	5
8	5	2	1	4	9	7	3	6
4	1	7	2	6	5	8	9	3
2	8	6	9	3	4	5	7	1
9	3	5	8	7	1	6	2	4
5	2	3	4	9	7	1	6	8
6	9	8	5	1	2	3	4	7
1	7	4	6	8	3	9	5	2

RECIPE Niçoise Sandwich



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Kick off the week with a picnic-style sandwich. Then invite some people over because it makes a lot!

Ready in: 1 hour
Serves: 6 to 8

Ingredients

- 1 rustic loaf of bread
- 2 x 7 oz cans of tuna
- 3 hard-boiled eggs
- 1/4 English cucumber, sliced
- handful fresh basil
- 3 Tbsp olive oil
- 2 Tbsp white wine vinegar
- 1 Tbsp dijon mustard
- 1 or 2 Tbsp black olive tapenade

Directions

1. Whisk together oil, vinegar and mustard until you have a smooth dressing. Drain your tuna well and place it in a bowl. Add 2 table-

spoons of the dressing to the tuna and mash it up with a fork and mix well. Toss the sliced cucumber in the remaining tablespoon of dressing and give it a stir.

2. Cut the loaf of bread horizontally and use your fingers to pinch out a good bit (about a cup) of the soft bread inside. Spread a thin layer of tapenade on piece of bread. Place a layer of basil leaves, followed by a layer of sliced egg. Now use a spoon to mound the tuna next. Follow with a layer of sliced cucumber.

3. Place the top of the bread and press down gently. Wrap the whole sandwich in plastic. Put it on a plate and weigh it down with something. Put the whole works in the fridge for at least an hour or over night so the flavours combine and the sandwich is easier to slice.

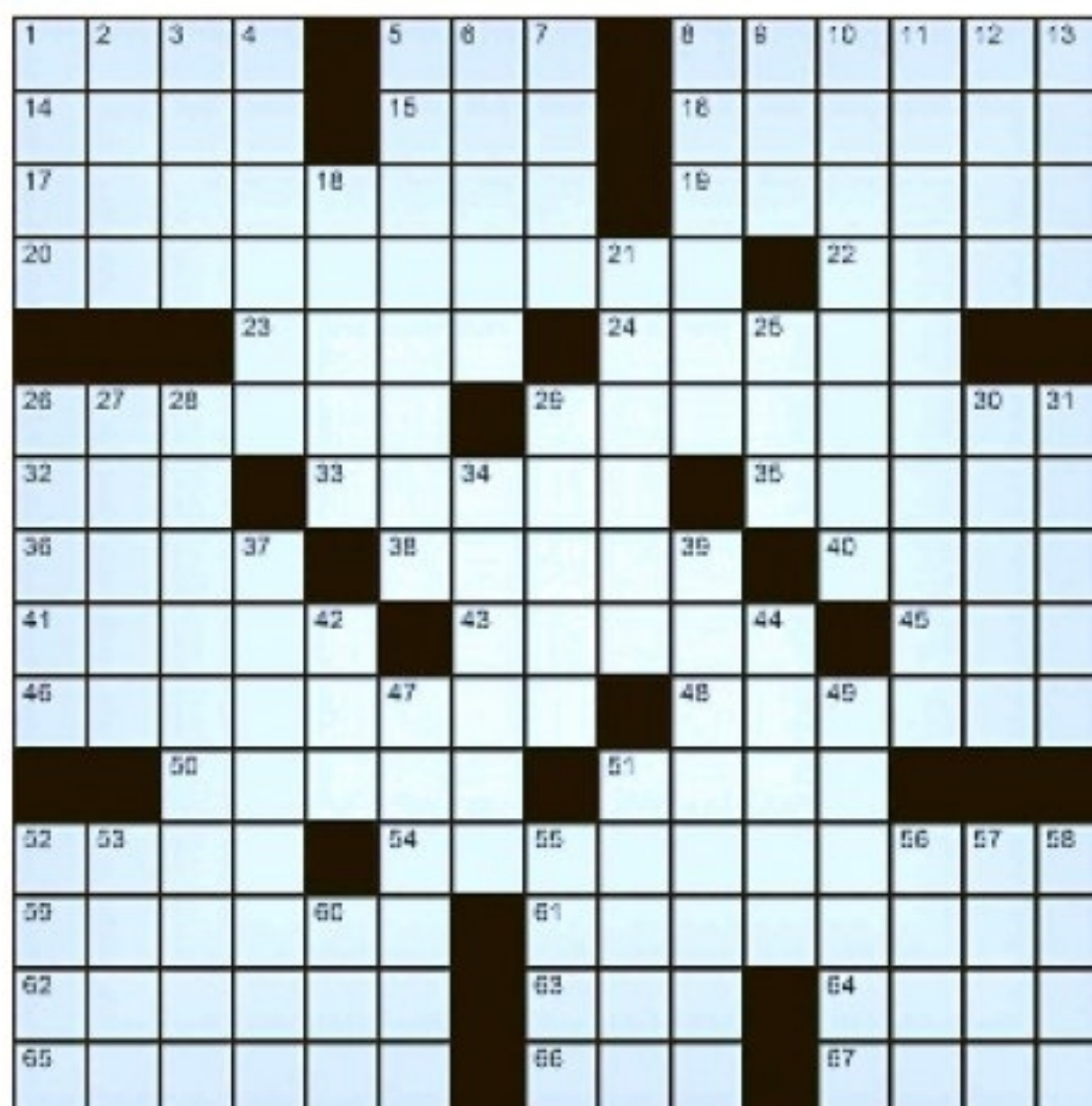
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Good Times" disco group
5. Mr. Blanc
8. Said walkin' instead of walking
14. Roman moon goddess
15. Hubbub
16. Song of dawn
17. _ reaction
19. Polishes
20. Canadian author of 1995 novel *The Jade Peony*; 2 wds.
22. E-J link
23. "Not on _ _" = "No way!"
24. Canadian comedian Mr. Mandel
26. Clandestine
29. Noble crustacean; 2 wds.
32. Type of submachine gun
33. _ Marner (1861 novel)
35. Canadian singer/songwriter Ms. McNeil
36. Snaky spots
38. Spy for Moses
40. Separate, as laundry
41. _ Arden (1864 poem by Alfred, Lord Tennyson)
43. Cam _ (Hockey great born in Comox, BC)
45. Mesh
46. Localized
48. "Psst!" from above; 2 wds.
50. Fancy neckwear
51. "When We _ Young" by Adele
52. Big amount
54. Sad movie



59. Chant
61. Like really humid summer weather; 2 wds.
62. Really loud Zzzz-er
63. Enunciate
64. "Would _ _ to You?" by Eurythmics
65. Feels

66. Approves [abbr.]
67. Singer, Mama _ Eliot (b.1941 - d.1974)

DOWN

1. Cat's clutcher
2. Retro toy, _ Hoop
3. Toward the centre
4. _ salad
5. Moncton's gravity attraction, _ Hill
6. Proclamation
7. Ness Mon-

- ster's need
8. Lax; 2 wds.
9. "I _ Ya Papi" by Jennifer Lopez
10. _ _ (Canadian punk rocker Bif Naked's new memoir)
11. Kenny Loggins tune in Tom Cruise movie "Top Gun"

- (1986); 2 wds.
12. Global News anchor who is a 3x Olympian, Rosey _
13. Mr. Arnaz of "I Love Lucy"
18. Choir outfits
21. "That's understandable now." 3 wds.
25. One of ABC's "The View" co-hosts ...her initials=sharers
26. "Fantastic!"
27. www mag
28. Manager of #39-Down when the team won the World Series in 1992 and 1993; 2 wds.
29. Clark Kent, originally, on planet Krypton
30. Broadcaster
31. Music's Ms. Midler
34. Woolly
37. Snip-snip-snippers
39. As per #28-Down... Toronto _ _
42. Ad _ committee
44. WWI: Canada's coming of age on the world stage
47. Diarists
49. Brave
51. Make mayhem, with Havoc
52. " _ Congeniality" (2000)
53. Ms. Hathaway
55. Dog, with Lhasa
56. British band, _ Shaker
57. Christian denomination, e.g.
58. Whiskey grains
60. Wedding notice word

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Rather than initiate new financial matters, finish what is started. If you're looking for a job, go back to where you previously applied or perhaps where you worked before.

Taurus April 21 - May 21
Ex-partners and old friends are back in the picture. Consider this an opportunity for closure or to reach a better understanding about old issues.

Gemini May 22 - June 21
It is frustrating right now, because your ruler, Mercury, is retrograde, and this makes you error-prone, late to meetings and events, plus subject to misplaced items and transportation delays. Yikes!

Cancer June 22 - July 23
Old friends are back on the scene now. This could be heartwarming, because it is a wonderful thing to have history with others. You can't buy this.

Leo July 24 - Aug. 23
This is an excellent time to wrap up old business with parents, bosses and VIPs. However, it's a poor time to initiate anything new. Keep this in mind if you want a successful outcome.

Virgo Aug. 24 - Sept. 23
Travel plans will be delayed. However, this is an excellent time to finish up school papers and manuscripts. Focus on what you were doing in the past.

Libra Sept. 24 - Oct. 23
This is a great time to wrap up loose ends with inheritances, taxes, debt and anything having to do with shared property. You will be surprised by how quickly things will come together.

Scorpio Oct. 24 - Nov. 22
Ex-partners and old friends are coming out of the woodwork! Like what's with that? Well, Mercury is retrograde directly opposite your sign, which triggers this looping-to-the-past phenomena.

Sagittarius Nov. 23 - Dec. 21
Your efficiency on the job has suffered lately, which is a bummer. What is particularly exasperating is that these errors are just so silly!

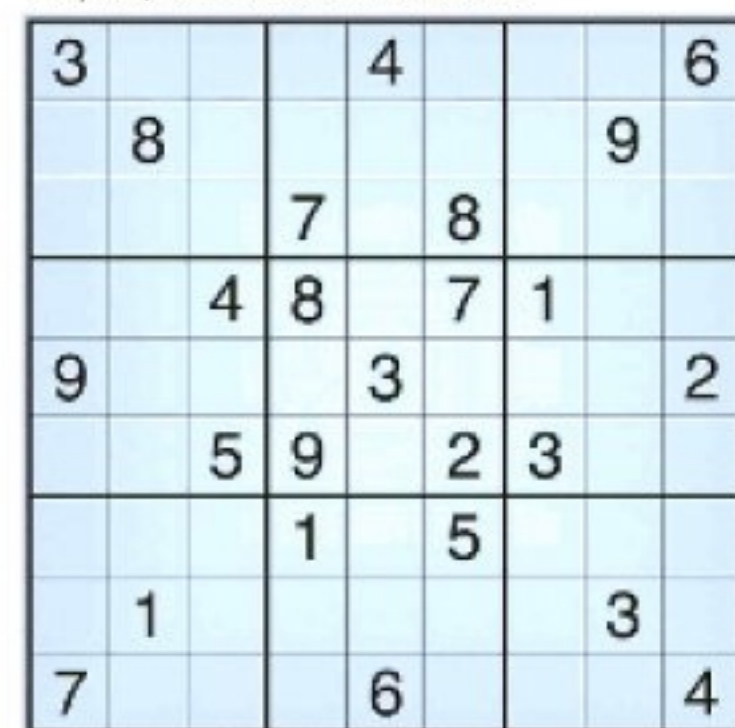
Capricorn Dec. 22 - Jan. 20
Old flames from the past might contact you now. Sometimes this is exciting; sometimes it's not exciting at all, it's horrific.

Aquarius Jan. 21 - Feb. 19
This is a good time to wrap up old projects and finish renovations and repairs. This especially applies to family businesses.

Pisces Feb. 20 - March 20
Life is frustrating now because of transportation delays, car problems, late mail deliveries and lost paperwork. Just cope as best you can, because this will be over soon.

CONCEPTIS SUDOKU by Dave Green

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2005
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MIND PRICE **\$3,450**



2005
FORD FOCUS ZXW
STK# 5W139879

PEACE OF
MIND PRICE **\$4,300**



2005
PONTIAC GRAND AM SE1
STK# 5M230265

PEACE OF
MIND PRICE **\$5,335**



2007
FORD FOCUS SE
STK# W7W275311

PEACE OF
MIND PRICE **\$5,475**



2007
PONTIAC WAVE 5
STK# 4D263405A

PEACE OF
MIND PRICE **\$5,681**



2008
SATURN ASTRA XE
STK# Q85034769

PEACE OF
MIND PRICE **\$5,903**

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